HEART LORE

SACRED HEART MANUAL

ERIKA GITTINGER

© 2026 • All Rights Reserved Worldwide by M. Erika Gittinger

Cover and interior design: M. Erika Gittinger

All rights reserved. No part of this book may be reproduced by any mechanical, photographic, or electronic process, or in the form of a phonographic recording; nor may it be stored in a retrieval system, transmitted, translated into another language, or otherwise copied for public or private use—other than for 'fair use' as brief quotations embodied in articles and reviews—without prior written permission of the author.

The author of this book does not dispense medical advice or prescribe the use of any technique as a form of treatment for physical, emotional, or medical problems without the advice of an honest and good physician, either directly or indirectly. The intent of the author is only to offer information of a general nature to help you in your quest for emotional, physical, and spiritual well-being. In the event you use any of the information in this book for yourself, the author assumes no responsibility for your actions.

HEART LORE • Sacred Heart Manual

by Maria Erika Gittinger

LIFE LORE Manuals

Heart Lore 8€

Love Lore 8€

Hair Lore 6€

Oral Lore 6€

Heal Lore 15€

Life Lore FREE

© 2026 • All Rights Reserved Worldwide by M. Erika Gittinger

HEART LORE

SACRED HEART MANUAL

HEART Health, Secrets & Wisdom

ERIKA GITTINGER

BUDAPEST · MMXXVI

© 2026 • All Rights Reserved Worldwide by Erika Gittinger

Kindly report typos and errors.

• MARIA ERIKA GITTINGER •

Heart Lore • Sacred Heart Manual

• Heart Health, Secrets & Wisdom •

LOVE LORE & SOUL LORE

• LOVE LORE trilogy •

© 2026 • All Rights Reserved Worldwide by M. Erika Gittinger

HEART

WHERE YOUR TREASURE
IS, THERE WILL YOUR
HEART BE ALSO

‘In the
garden of thy
heart, plant naught
but the rose of love.’
Bahá’u’lláh

‘The time has
come to turn your heart into
a temple of fire. Your essence is
gold hidden in dust. To reveal its
splendor you need to burn
in the fire of love.’
Rumi

HEART
TO HEART

‘Once a person
understands the nature,
the character and the mystery
of the heart, then he understands,
so to speak, the language of the
whole universe.’ H. I. Khan

Everything about the **HEART**
• emotional, energetic, physical & spiritual •
The HEART is our connection to LIFE & LOVE
• God, Joy, Secrets, People, Power & Wisdom.. •
GOD’S Words are written in our HEARTS
All Secrets are hidden in the living HEART
HEART Soft Whole Heart & Soul HEART Living
SEAT of Emotions & Wisdom • Intelligence
HEART connection vs disconnection

JOURNEY from Heart to Head

Heart to head Shift • POSTURE
HEAD vs HEART • Heart Brain TALK
HEAD & HEART connection vs disconnection
HEAD vs HEART connection Half-Hearted Heartless
JOURNEY Head to Heart • HEART Science Heartbeat
HEARTBREAK & SCIENCE • Anatomy & Awakening
LIFE Fountain & Source, Under Attack, Dis-Ease
CONFLICT • Imbalance, SOUL Healing, Cure
HEART CHAKRA • Meditation & Mantras
WELLNESS • Love, Health & Nutrition
HERBAL Recipes, Aromatherapy
LOVE Crystal, TCM, Music...

RETURN to the Heart, to Life.

HEART BRAIN Connection
Heart is connected to the Head
via the **NERVOUS SYSTEM**
MAGNETISM • Mysterious Power
Magnetic vs Repellent PERSONALITY
ENERGY conservation vs leakage
CENTRAL & AUTONOMIC nervous system
SYNPATHETIC & PARASYMPATHETIC
ALARM SYSTEM • Stress, Signal
NEUROSIS, Psychosis & SOUL SICKNESS
STRESS to DE-stress WELLNESS neuropathy
HERBAL Ayurveda, TCM, Aromatherapy
COLOR Therapy, Energy Cleansing
NUTRIENTS Yoga, Music...

LOVE LORE is a trilogy.
LOVE LORE • Manual for Loving
The Mystery and Mastery of LOVE
HEART LORE • Sacred Heart Manual
• HEART • Health, Secrets & Wisdom •
SOUL LORE • Manual for Being
• Self Discovery & Mastery•

M. Erika Gittinger
2026

'The
shrine
of God is
the heart
of man.'